- 1. A swimming flipper comprising a blade made of relatively rigid material, a shoe made of relatively yielding material and at least a pair of lateral ribs extending along the edges of the blade, on the blade there being provided at least two longitudinal slots arranged symmetrically with respect to the longitudinal axis of the flipper and two openings extending diagonally from the shoe towards the lateral edges of the blade, said slots and said openings being filled with a relatively yielding material in the form of flattened ribs.
- 2. A swimming flipper in accordance with claim 1, wherein the lateral ribs are at least partially lined with relatively yielding material, in particular the same material as is used for the shoe.

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- 3. A swimming flipper in accordance with claim 2, wherein the lateral ribs are made of a material having a rigidity intermediate between those of the blade and the shoe.
- 4. A swimming flipper in accordance with claim 3, wherein said lining of the lateral ribs becomes enlarged rearwards along the flanks of the shoe to form respective fairings projecting sideways.
  - 5. A swimming flipper in accordance with claim 1, wherein said blade extends rearwards by two arms forming containment flanks for the shoe and terminating with a hood to form a seating in which a respective buckle of the closure strap can become engaged.
- 6. A swimming flipper in accordance with claim 5, wherein the lining of said ribs forming said lateral fairings has a thickness of not less than the thickness of the buckles applied to the ends of said arms.

- 7. A swimming flipper in accordance with claim 5, wherein the thickness of said flattened ribs is greater than the thickness of said blade.
- 8. A swimming flipper in accordance with claim 1, wherein the free edge of said blade is lined with a curb that closes said slots and becomes joined to the lining of said lateral ribs.
- 9. A swimming flipper comprising а blade made of relatively rigid material, a shoe made of relatively yielding material and at least one pair of lateral ribs extending along the lateral edges of the blade, on said lateral ribs there extending a lining made of yielding material that becomes enlarged at the flanks of the shoe, thus generating a fairing that projects sideways, said blade comprising two arms that extend backwards from it to form containment flanks for the shoe and terminate with respective seatings for buckles of the closure strap, said fairings projecting sideways for a thickness of not less than the thickness of the respective buckle.
- 10. A swimming flipper in accordance with claim 1 or 9, wherein said buckle comprises a connection head that extends from its inner face, said seating for the buckle comprising a hood that is convex towards the outside and has shaped which а central opening with the 25 correspondingly shaped head of the buckle becomes engaged, so that the connection is subsequently made by rotating said head through 90° within said opening.
- 11. A swimming flipper in accordance with claim 10, wherein said connection head is rotatably engaged in said opening of said hood.